

Statistics Report 02034, Spices, poultry seasoning

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Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Proximates													
Water	g	9.31	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/1977
Energy	kcal	307	--	--	--	--	--	--	--	--	Calculated or imputed	--	01/1977
Energy	kJ	1284	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/2006
Protein	g	9.59	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/1977
Total lipid (fat) <a href="#">a</a>	g	7.53	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/1977
Ash	g	5.92	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/1977
Carbohydrate, by difference	g	65.59	--	--	--	--	--	--	--	--	Calculated or imputed	--	01/1977
Fiber, total dietary	g	11.3	--	--	--	--	--	--	--	--	Calculated or imputed	--	01/1977
Sugars, total	g	1.80	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2014
Minerals													
Calcium, Ca	mg	996	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/1977

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Iron, Fe	mg	35.30	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/1977
Magnesium, Mg	mg	224	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/1977
Phosphorus, P	mg	171	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/1977
Potassium, K	mg	684	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/1977
Sodium, Na	mg	27	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/1977
Zinc, Zn	mg	3.14	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/1977
Copper, Cu	mg	0.843	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/1977
Manganese, Mn	mg	6.857	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/1977
Selenium, Se	µg	7.2	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/1998
Vitamins													
Vitamin C, total ascorbic acid	mg	12.0	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/1977

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Thiamin	mg	0.264	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/1977
Riboflavin	mg	0.191	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/1977
Niacin	mg	2.970	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/1977
Vitamin B-6 <a href="#">1</a>	mg	1.320	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/2001
Folate, total	µg	138	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/1985
Folic acid	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	01/2001
Folate, food	µg	138	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/2006
Folate, DFE	µg	138	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/2006
Choline, total	mg	30.3	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/2006
Vitamin B-12	µg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	01/1977
Vitamin B-12, added	µg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	09/2004
Vitamin A, RAE	µg	132	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2014
Retinol	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	06/2002
Carotene, beta	µg	1568	--	--	--	--	--	--	--	--	Calculated or imputed	02044	02/2003
Carotene, alpha	µg	0	--	--	--	--	--	--	--	--	Calculated or imputed	02044	02/2003
Cryptoxanthin, beta	µg	23	--	--	--	--	--	--	--	--	Calculated or imputed	02044	02/2003

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Vitamin A, IU	IU	2632	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/1977
Lycopene	µg	7	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2014
Lutein + zeaxanthin	µg	1107	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2014
Vitamin E (alpha-tocopherol)	mg	1.32	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2003
Vitamin E, added	mg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	09/2004
Vitamin D (D2 + D3)	µg	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	11/2008
Vitamin D	IU	0	--	--	--	--	--	--	--	--	Assumed zero	--	02/2009
Vitamin K (phylloquinone)	µg	805.4	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2003
Lipids													
Fatty acids, total saturated	g	3.290	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/1995
4:0	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/1995
6:0	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/1995
8:0	g	0.128	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/1995
10:0	g	0.135	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/1995
12:0	g	0.125	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/1995
14:0	g	1.221	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/1995
16:0	g	1.281	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/1995
18:0	g	0.360	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/1995
Fatty acids, total monounsaturated	g	1.206	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/1995

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
16:1 undifferentiated	g	0.082	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/1995
18:1 undifferentiated	g	1.113	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/1995
20:1	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/1995
22:1 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/1995
Fatty acids, total polyunsaturated	g	1.936	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/1995
18:2 undifferentiated	g	0.992	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/1995
18:3 undifferentiated	g	0.944	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/1995
18:4	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/1995
20:4 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/1995
20:5 n-3 (EPA)	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/1995
22:5 n-3 (DPA)	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/1995
22:6 n-3 (DHA)	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/1995
Fatty acids, total trans	g	0.000	--	--	--	--	--	--	--	--	Assumed zero	--	06/2015
Cholesterol	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	01/1977
Phytosterols	mg	96	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/1977
Other													
Alcohol, ethyl	g	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	04/1985
Caffeine	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	12/2001
Theobromine	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	12/2001

Sources of Data

<sup>1</sup>*S.W. Leonard, K. Hardin, J.E. Leklem* **Vitamin B-6 Content of Spices**, 2001 Journal of Food Composition and Analysis 14 pp.163-167

<sup>2</sup>*Giuffrida, D., Salvo, F., Ziino, M., Toscano, G., and Dugo, G.* **Initial investigation on some chemical constituents of capers (Capparis Spinosa L.) from the island of Salina.**, 2002 Ital. J. Food Sci. 14 1 pp.25-33

<sup>3</sup>*Inocencio, C., Rivera, D., Alcaraz, F., and Tomás-Barberán, F. A.* **Flavonoid content of commercial capers (Capparis spinosa, C. sicula and C. orientalis) produced in Mediterranean countries.**, 2000 Eur. Food Res. Technol 212 pp.70-74

<sup>4</sup>*Antonen, M. J. and Karjalainen, R. O.* **High-performance liquid chromatography analysis of black currant (Ribes nigrum L.) fruit phenolics grown either conventionally or organically.**, 2006 J. Agric. Food Chem. 54 pp.7530-7538

**Footnotes**

<sup>a</sup> Total proximates do not equal 100% because piperine was subtracted from lipid value.